

FIG. 1

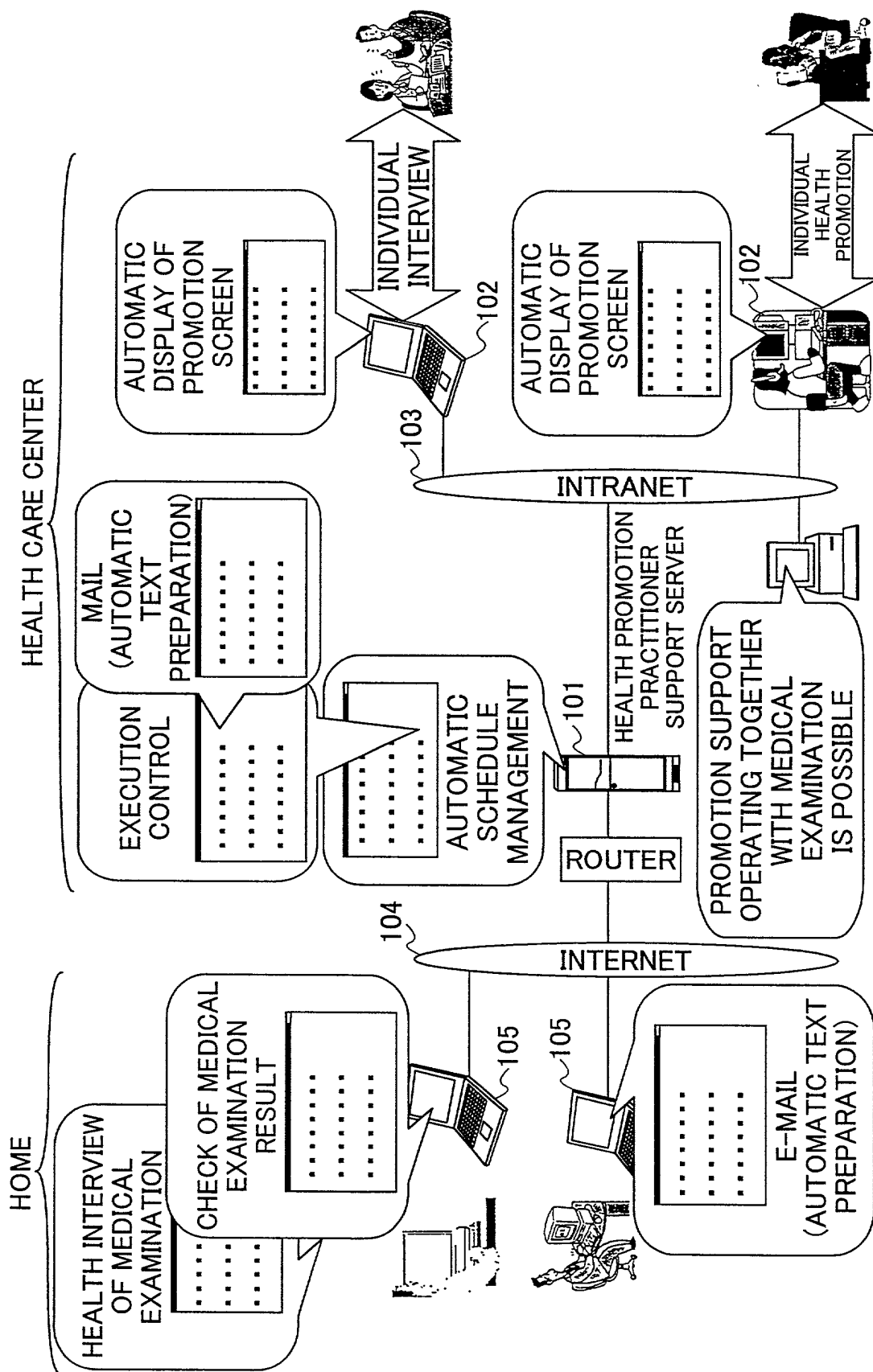


FIG. 2

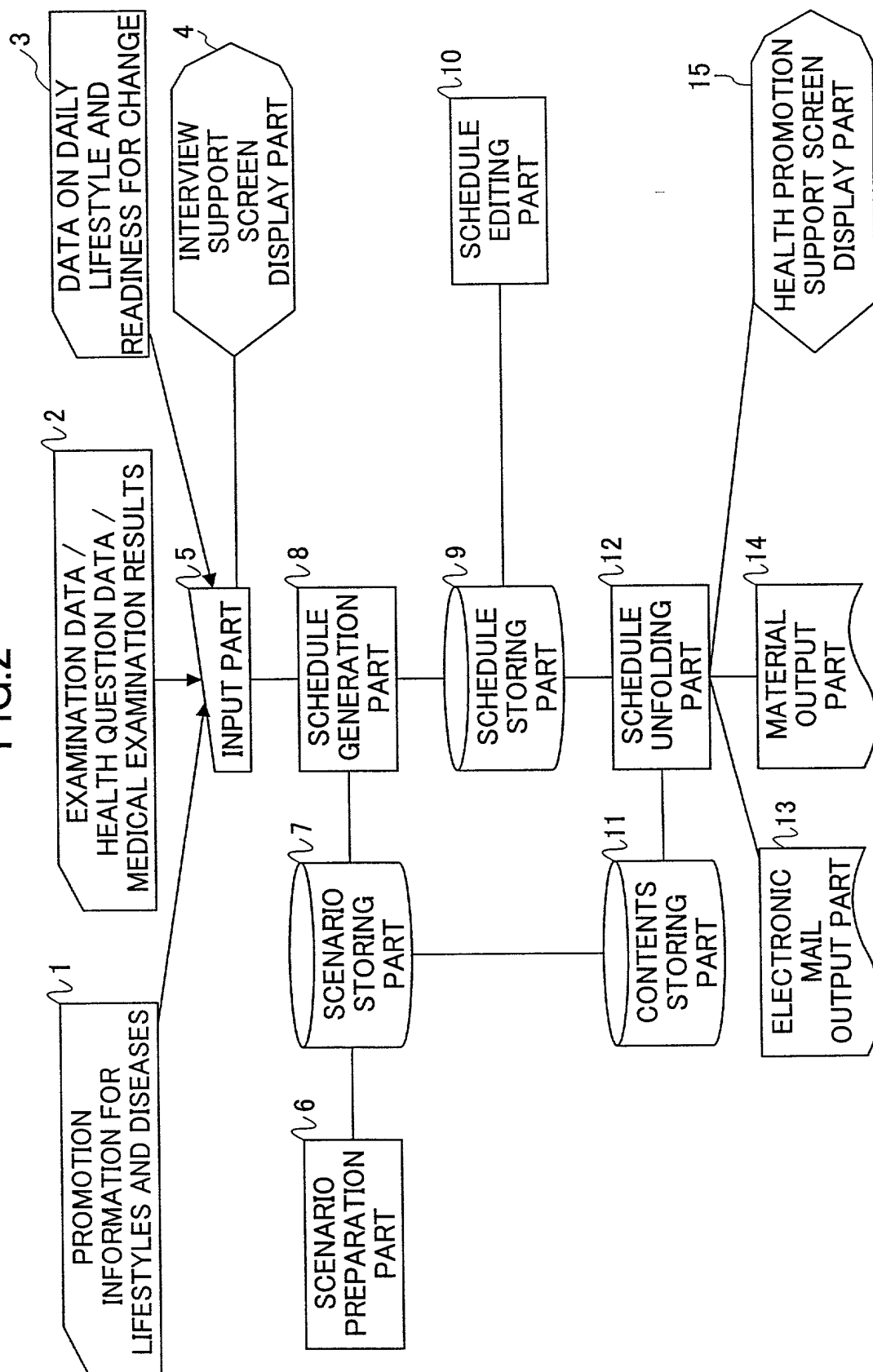


FIG. 3

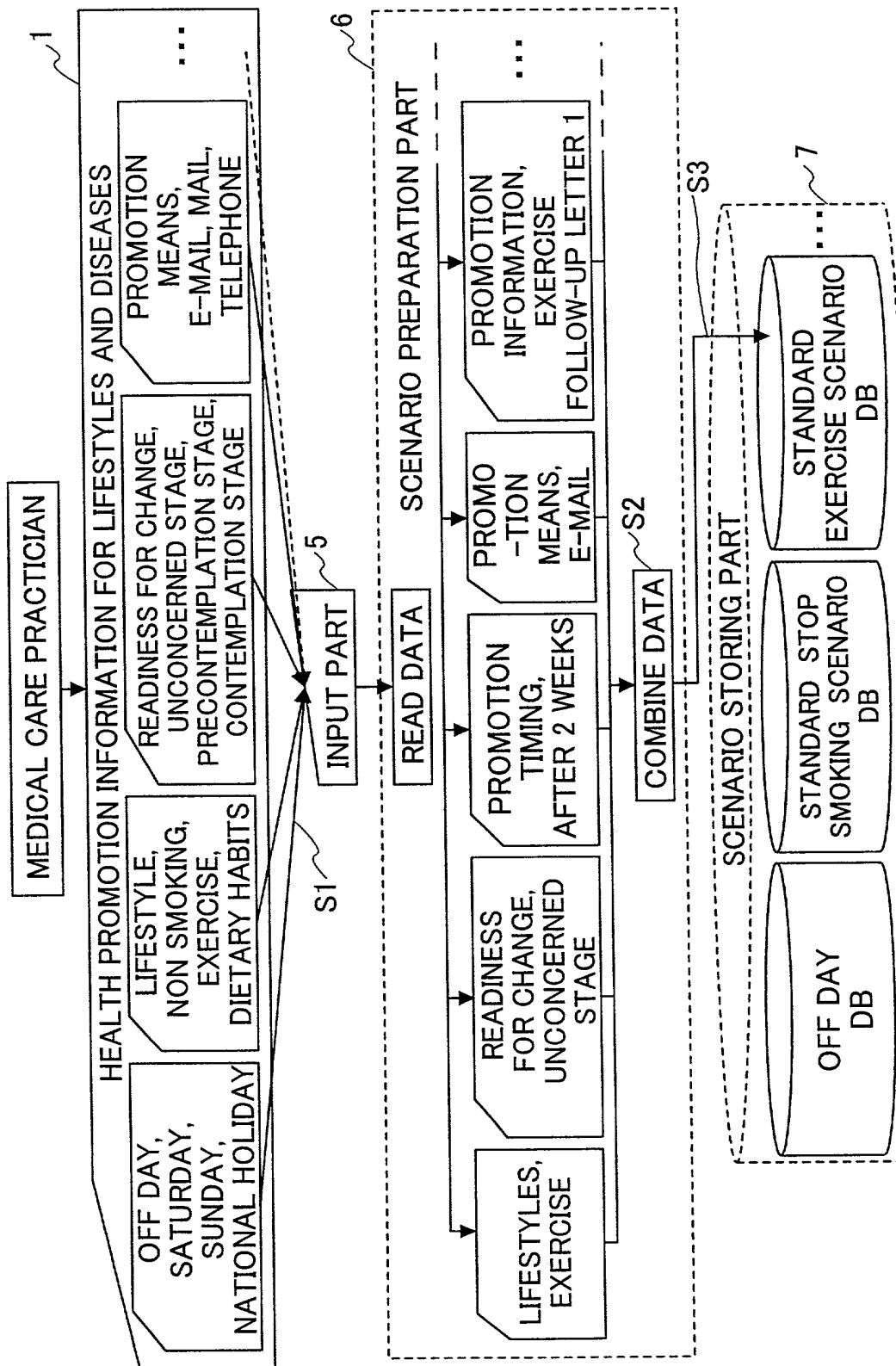


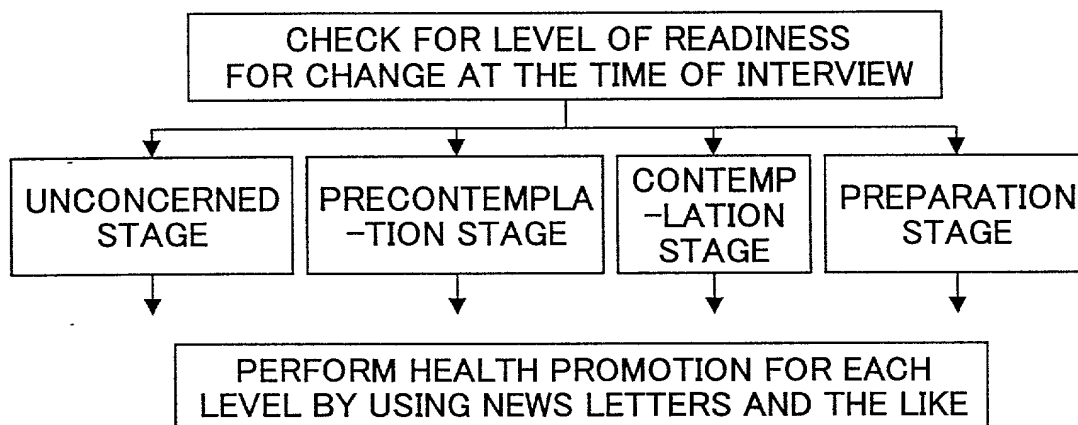
FIG.4

LIFESTYLE	STAGES OF READINESS FOR CHANGE	PROMOTION PERIOD	PROMOTION DATE SETTING	PROMOTION INFORMATION	PROMOTION MEANS	NOTES
SMOKING	UNCONCERNED STAGE	AFTER 1 WEEK	7	FOLLOW-UP SMOKING AFTER 1 WEEK	E-MAIL	SMOKING 1 WEEK AFTER MAIL.txt
SMOKING	UNCONCERNED STAGE	AFTER 1 MONTH	30	SMOKING FOLLOW-UP LETTER 1	E-MAIL	SMOKING 1 MONTH AFTER MAIL.txt
SMOKING	UNCONCERNED STAGE	AFTER 2 MONTHS	60	SMOKING FOLLOW-UP LETTER 2	E-MAIL	SMOKING 2 MONTHS AFTER MAIL.txt
SMOKING	UNCONCERNED STAGE	AFTER 3 MONTHS	90	SMOKING FOLLOW-UP LETTER 3	E-MAIL	SMOKING 3 MONTHS AFTER MAIL.txt
SMOKING	UNCONCERNED STAGE	AFTER 4 MONTHS	120	SMOKING FOLLOW-UP LETTER 4	E-MAIL	SMOKING 4 MONTHS AFTER MAIL.txt
EXERCISE	EXECUTION STAGE	AFTER 1 WEEK	7		TELEPHONE	
EXERCISE	EXECUTION STAGE	AFTER 2 WEEKS	14	EXERCISE FOLLOW-UP LETTER 1	E-MAIL	EXERCISE 2 WEEKS AFTER MAIL.txt
EXERCISE	EXECUTION STAGE	AFTER 3 WEEKS	21	EXERCISE FOLLOW-UP LETTER 2	E-MAIL	EXERCISE 3 WEEKS AFTER MAIL.txt
EXERCISE	EXECUTION STAGE	AFTER 4 WEEKS	28	EXERCISE FOLLOW-UP LETTER 3	E-MAIL	EXERCISE 4 WEEKS AFTER MAIL.txt

FIG.5

LEVEL OF READINESS FOR CHANGE	STAGE (SMOKING FOR EXAMPLE)	AWARENESS OF INDIVIDUAL
LOW	UNCONCERNED STAGE (NOT INTEND TO STOP)	HAVE NO INTEREST REGARDLESS OF ADVICE AND RESIST STRONGLY
	PRECONTEMPLATION STAGE (INTEND TO STOP, BUT NOT WITHIN 6 MONTHS)	FEEL NO PROBLEM ON DAILY LIFE AND RESIST OTHER PEOPLE'S ADVICE
	CONTEMPLATION STAGE (INTEND TO STOP WITHIN 6 MONTHS)	START TO BE INTERESTED IN EFFECT FOR HEALTH AND THINK POSITIVELY, BUT, AT THE SAME TIME, THINK ABOUT BURDEN AND CAN NOT INITIATE ACTION
	PREPARATION STAGE (INTEND TO STOP WITHIN 1 MONTHS)	INTEND TO INITIATE ACTION SOON AND SEEK OCCASION AND SUPPORT
HIGH	EXECUTION STAGE	HAVE CONSCIOUSNESS FOR HEALTH AND INITIATE ACTION
	KEEPING STAGE	ALWAYS SHOW CONSIDERATION FOR HEALTH AND ACT AND KEEP THIS STATE

FIG.6



09870147 053001

FIG.7

SETTING OF HEALTH PROMOTION SCENARIO
✕

PROGRAM NAME SMOKE FREE

CONTACT METHOD E-MAIL

SEARCH

READINESS FOR CHANGE	PROMOTION PERIOD	PROMOTION DATE SETTING	PROMOTION INFORMATION	PROMOTION MEANS	NOTES
UNCONCERNED STAGE	AFTER 1 WEEK	7	RETURNING VIDEO TAPE	E-MAIL	
UNCONCERNED STAGE	AFTER 2 MONTHS	60	FOLLOW-UP AFTER 2 MONTHS OF UNCONCERNED STAGE	E-MAIL	
PRECONTEMPLATION STAGE	AFTER 1 WEEK	7	RETURNING VIDEO TAPE	E-MAIL	
PRECONTEMPLATION STAGE	AFTER 1 MONTH	30	NEWS LETTER 1	MAIL	
PRECONTEMPLATION STAGE	AFTER 2 MONTHS	60	NEWS LETTER 2	MAIL	
PRECONTEMPLATION STAGE	AFTER 3 MONTHS	90	NEWS LETTER 3	MAIL	
PRECONTEMPLATION STAGE	AFTER 4 MONTHS	120	NEWS LETTER 4	MAIL	
PRECONTEMPLATION STAGE	AFTER 5 MONTHS	150	NEWS LETTER 5	MAIL	
PRECONTEMPLATION STAGE	AFTER 6 MONTHS	180	NEWS LETTER 6	MAIL	
CONTEMPLATION STAGE	AFTER 1 WEEK	7	RETURNING VIDEO TAPE	E-MAIL	
CONTEMPLATION STAGE	AFTER 1 MONTH	30	NEWS LETTER 1	MAIL	
CONTEMPLATION STAGE	AFTER 2 MONTHS	60	NEWS LETTER 2	MAIL	
CONTEMPLATION STAGE	AFTER 3 MONTHS	90	NEWS LETTER 3	MAIL	
CONTEMPLATION STAGE	AFTER 4 MONTHS	120	NEWS LETTER 4	MAIL	
CONTEMPLATION STAGE	AFTER 5 MONTHS	150	NEWS LETTER 5	MAIL	
CONTEMPLATION STAGE	AFTER 6 MONTHS	180	NEWS LETTER 6	MAIL	
PREPARATION STAGE	AFTER 1 WEEK	7	DETERMINE STARTING DAY	TELEPHONE	
PREPARATION STAGE	AFTER 2 WEEKS	14	DETERMINE STARTING DAY	E-MAIL	
PREPARATION STAGE	AFTER 1 MONTH	30	PREPARATION STAGE AFTER 1 MONTH OF PREPARATION STAGE	TELEPHONE	
EXECUTION STAGE	TO DAY	0	FOLLOW-UP 6 DAY BEFORE START DAY	E-MAIL	
EXECUTION STAGE	AFTER 4 DAYS	4	FOLLOW-UP BEFORE START DAY	TELEPHONE	
EXECUTION STAGE	AFTER 1 WEEK	7	FOLLOW-UP 2 DAYS AFTER START DAY	TELEPHONE	
EXECUTION STAGE	AFTER 2 WEEKS	14	FOLLOW-UP 1 WEEK AFTER START DAY	TELEPHONE	

NEW

EDIT

DELETE

REGISTAR

END

FIG.8

EXAMINATION YEAR MONTH DATE	NAME SEX	EXAMINATION DATA						INTERVIEW DATA			EXAMINATION RESULT		
		BODY MEASURE -MENT		BLOOD PRESSURE		LIPID		SMOKING		EXER -CISE HABIT	BODY MEASU- REMENT	BLOOD PRES- -SURE	LIPID
		HEIGHT -HT	WEIGHT -WT	DIAS- TOLIC PRES -SURE	SYS- TOLIC PRES -SURE	T- CHOL	TG	HDL -C	NUM- BER				
99/03/07	TARO M	170	65	130	80	200	120	50	5	3	NORMAL	NORMAL	NORMAL
99/03/01	HANA F -KO	156	58	135	70	270	160	55	7	0	NORMAL	NORMAL	HYPER LIPID- MIA
99/03/02	JIRO M	167	80	165	95	265	180	50	20	0	OVER- WEIGHT	HYPER TEN- SION	HYPER LIPID- MIA

FIG.9

NAME	SMOKING					EXERCISE				
	CONSCI USNESS ABOUT STOP- SMOKING	EXPERI -ENCE OF STOP- SMOKING (TIMES)	PERIOD OF STOP- SMOKING (YEAR)	OCCASION OF STARTING SMOKING	REASON WHY SMOKING CAN NOT BE STOPPED	CONSCI- OUSNESS ABOUT EXERCISE	BODY ACTI- VITY	STREN- GTH TRAIN- ING	CALIS -THE -NICS	TROU- BLE
TARO	2	1	1	1,3	3,5,7	4	3	0	0	1.2
HANA -KO	3	2	2	2	2	3	0	0	0	3
JIRO	1	0	0		3,6	1	0	0	0	1

*DATA IS SYOWN BY CODES

FIG. 10

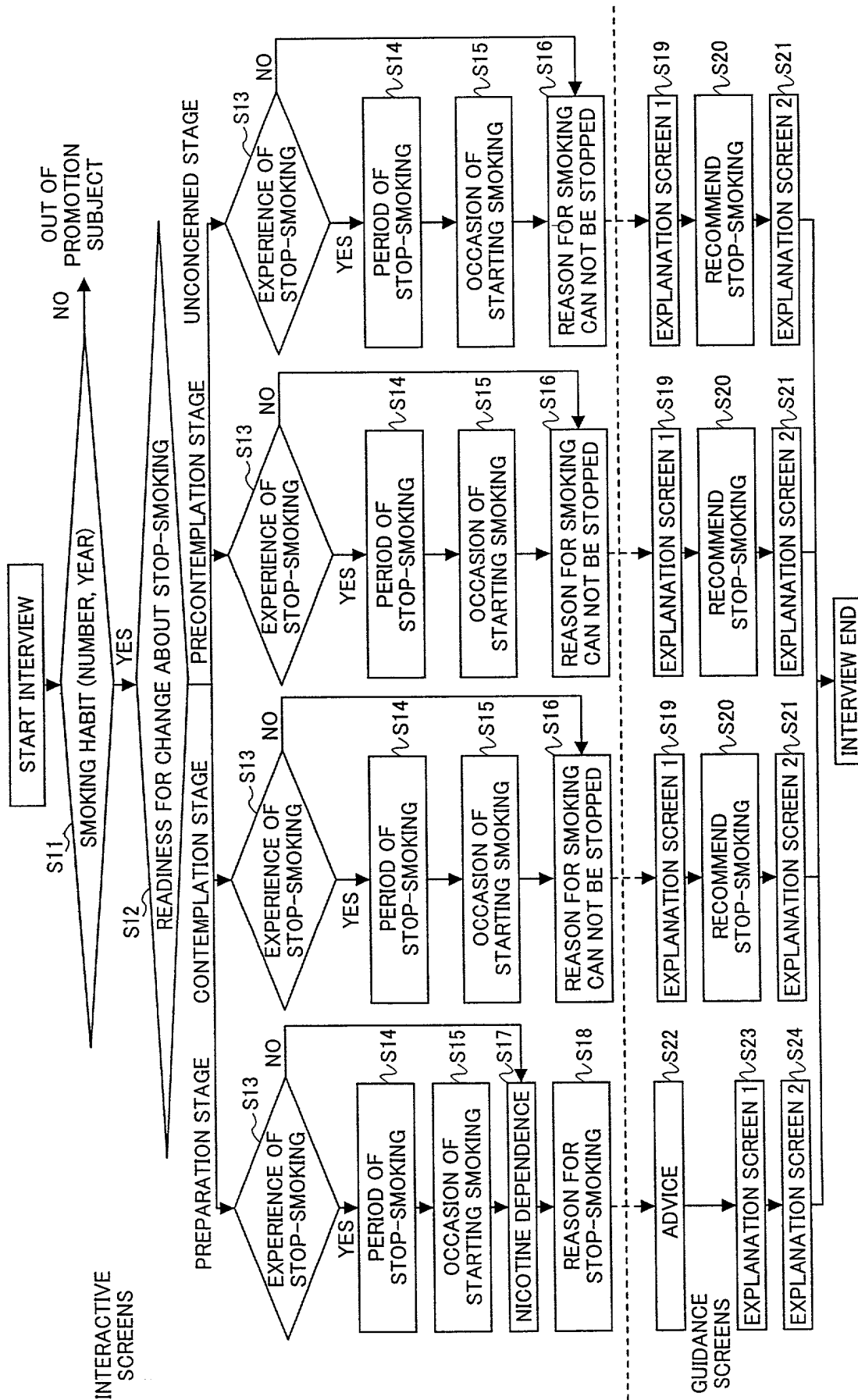


FIG.11

[ACTION TARGET 1 ASK] <input checked="" type="checkbox"/>			
NAME CODE <input type="text" value="111111"/>	NAME <input type="text" value="TARO"/>	DATE OF BIRTH <input type="text" value="1973/08/27"/>	SEX <input type="text" value="MALE"/>
★CHECK FOR SMOKING HABIT		PERSON IN CHARGE <input type="text" value="HONDA"/>	
<input type="radio"/> NOW SMOKING		<input type="radio"/> FORMERLY SMOKING, AND STOPPED	
		<input type="radio"/> NOT SMOKING ORIGINALLY	
★CHECK FOR NUMBER OF SMOKING FOR A DAY <input type="text" value="50"/> (00~99)		HOW LONG SINCE YOU STOPPED SMOKING	
		<input type="radio"/> WITHIN 6 MONTH <input type="radio"/> MORE THAN 6 MONTH	
★CHECK FOR STOP-SMOKING YEARS <input type="text" value="10"/> YEAR (00~99)			
★CHECK FOR READINESS FOR CHANGE FOR STOP-SMOKING			
<input type="radio"/> INTEND TO STOP WITHIN 1 MONTH (PREPARATION STAGE)			
<input type="radio"/> INTEND TO STOP WITHIN 6 MONTHS (CONTEMPLATION STAGE)			
<input type="radio"/> INTEND TO STOP, BUT NOT WITHIN 6 MONTHS (PRECOMPLATION STAGE)			
<input type="radio"/> NOT INTEND TO STOP (UNCONCERNED STAGE)			
★HAVE YOU EVER STOPPED SMOKING?			
<input type="radio"/> NON <input type="radio"/> ONCE <input type="radio"/> TWICE <input type="radio"/> 3 TIMES <input type="radio"/> 4 TIMES <input type="radio"/> 5 TIMES <input type="radio"/> 6 TIMES <input type="radio"/> MORE THAN 7 TIMES			
NEXT PAGE		CANCEL	

FIG.12

[ACTION TARGET 1 ASK] HAVE EXPERIENCE FOR STOP-SMOKING <input checked="" type="checkbox"/>	
NAME CODE <input type="text" value="1111111"/> NAME <input type="text" value="JIRO"/> DATE OF BIRTH <input type="text" value="1946/08/27"/> SEX <input type="text" value="MALE"/>	
NAVIGATION CONTEMPLATION STAGE ↓ ASK 1 ↓ ASK 2 ↓ ASK 3 ↓ ADVISE ↓ ASSIST 1 ↓ ASSIST 2	☆ WHEN YOU STOPPED SMOKING FOR THE LONGEST PERIOD, HOW LONG DID IT LAST? <input type="text"/> YEAR <input type="text" value="9"/> MONTH <input type="text"/> WEEK <input type="text"/> DAY ☆ WHEN YOU STOPPED SMOKING BEFORE, DID YOU FEEL ANY WITHDRAWAL SYMPTOMS? <input type="radio"/> FELT VERY STRONGLY <input type="radio"/> FELT STRONGLY <input type="radio"/> FELT TO SOME EXTENT <input checked="" type="radio"/> DID NOT FEEL VERY STRONGLY <input type="radio"/> DID NOT FEEL ☆ WHEN DID YOU INTEND TO STOP SMOKING SERIOUSLY LATELY? <input type="text"/> YEAR <input type="text" value="9"/> MONTH <input type="text"/> WEEK <input type="text"/> DAY BEFORE ☆ WHAT CAUSED YOU TO SMOKE AGAIN? <input type="checkbox"/> WITHDRAWAL SYMPTOMS <input checked="" type="checkbox"/> CHRONIC STRESS <input type="checkbox"/> BIG LIFE EVENT <input checked="" type="checkbox"/> DRINKING <input type="checkbox"/> BOREDOM <input type="checkbox"/> OTHERS
PREVIOUS PAGE NEXT PAGE CANCEL	

FIG.13

[ACTION TARGET 1 ASK] <input checked="" type="checkbox"/>	
NAVIGATION	NAME <input type="text" value="1111111"/> NAME <input type="text" value="TARO"/> DATE OF BIRTH <input type="text" value="1973/08/27"/> SEX <input type="text" value="MALE"/>
CONTEMPLATION STAGE	<p>★TELL ME WHY YOU DARE NOT TO STOP SMOKING SOON ALTHOUGH YOU INTEND TO STOP SMOKING. SELECT ITEMS WHICH HOLD TRUE FOR YOU FROM FOLLOWING LIST.</p> <p><input type="checkbox"/> (1) SMOKING IS USEFUL FOR RELAXING AND GETTING RID OF STRESS</p> <p><input checked="" type="checkbox"/> (2) IT IS DOUBTFUL WHETHER SMOKING IS BAD FOR HEALTH</p> <p><input checked="" type="checkbox"/> (3) I FEEL WITHDRAWAL SYMPTOMS STRONGLY WHEN STOPPING SMOKING</p> <p><input checked="" type="checkbox"/> (4) IT'S TOO LATE TO STOP SMOKING SINCE I HAVE SMOKED FOR LONG TIME</p> <p><input checked="" type="checkbox"/> (5) I WORRY ABOUT GAINING WEIGHT BY STOPPING SMOKING</p> <p><input type="checkbox"/> (6) I HAVE NO CONFIDENCE FOR STOPPING SMOKING</p> <p><input type="checkbox"/> (7) I HAVE FAILED FOR MANY TIMES TO STOP SMOKING</p> <p><input type="checkbox"/> (8) I HAVE NO IDEA ABOUT HOW TO STOP SMOKING</p> <p><input type="checkbox"/> (9) OTHERS <input type="text"/></p> <p>★IF YOU HAVE SOMETHING ANXIOUS ABOUT SMOKING, PLEASE TELL ME. <input type="text"/></p>
<div>ASK 1 ↓ ASK 2 ↓ ASK 3 ↓ ADVISE ↓ ASSIST 1 ↓ ASSIST 2</div>	<div>PREVIOUS PAGE</div> <div>NEXT PAGE</div> <div>CANCEL</div>

FIG.14

[ACTION TARGET 1 ASK] <input checked="" type="checkbox"/>	
<div>NAME <input type="text" value="1111111"/> NAME <input type="text" value="TARO"/> DATE OF BIRTH <input type="text" value="1973/08/27"/> SEX <input type="text" value="MALE"/></div>	
★ASSESSMENT FOR NICOTINE DEPENDENCE	
HOW LONG DOES IT TAKE FOR YOU TO START TO SMOKE AFTER YOU WAKE UP IN THE MORNING	
<div><input type="radio"/> CONCURRENTLY WITHIN <input type="radio"/> FROM 15 TO 30 MINUETS <input type="radio"/> FROM 30 MINUETS TO 1 HOUR</div> <div><input type="radio"/> WITH WAKING <input type="radio"/> 15 MINUTES <input type="radio"/> 30 MINUETS <input type="radio"/> TO 1 HOUR</div> <div><input type="radio"/> FROM 1 TO 2 HOURS <input type="radio"/> AFTER 2 HOURS <input checked="" type="radio"/> NO REPLY</div>	
—DO YOU SMOKE WHEN YOU ARE IN SICKBED ALL DAY—	
<div><input type="radio"/> ALWAYS <input type="radio"/> USUALLY <input type="radio"/> SOMETIMES <input type="radio"/> RARE</div> <div><input type="radio"/> NOT AT ALL <input checked="" type="radio"/> NO REPLY</div>	
★TELL ME WHY YOU INTEND TO STOP SMOKING	
<div><input type="checkbox"/> RECOMMENDED BY SOMEONE <input type="checkbox"/> SPOUSE <input type="checkbox"/> CHILD <input type="checkbox"/> FRIEND</div> <div><input type="checkbox"/> CHANGE OF ENVIRONMENT <input type="checkbox"/> PARENT <input type="checkbox"/> DOCTOR <input type="checkbox"/> NURSE</div> <div><input type="checkbox"/> POOR PHYSICAL CONDITION</div> <div><input type="checkbox"/> FOR HEALTH</div> <div><input type="checkbox"/> SINCE THIS IS A GOOD OCCASION</div> <div><input type="checkbox"/> OTHERS</div>	
<div>PREPARATION STAGE</div> <div>↓</div> <div>ASK 1</div> <div>↓</div> <div>ASK 2</div> <div>↓</div> <div>ASK 3</div> <div>↓</div> <div>ADVISE</div> <div>↓</div> <div>ASSIST 1</div> <div>↓</div> <div>ASSIST 2</div>	
<div>PREVIOUS PAGE</div> <div>NEXT PAGE</div> <div>CANCEL</div>	

FIG.15

[ACTION TARGET 2 ASK] <input checked="" type="checkbox"/>	
<div>NAVIGATION</div> <div>CONTEMPLATION STAGE</div> <div> ↓ ASK 1 ↓ ASK 2 ↓ ASK 3 ↓ ADVISE ↓ ASSIST 1 ↓ ASSIST 2 </div>	<div> NAME CODE 1111111 NAME TARO DATE OF BIRTH 1973/08/27 SEX MALE </div> <div> ☆EXPLAIN ABOUT EFFECTS OF SMOKING TOP 10 OF CAUSES OF DEATH AND TOP 10 OF ORIGINATION OF DEATH "ONE OUT OF TEN PERSONS DIES DUE TO SMOKING" BY WHO PROVIDE EFFECT NOT ONLY TO LUNG CANCER BUT ALSO HEART ATTACK, ANGINA PECTORIS AND STROKE "GOOD" CHOLESTEROL DECREASES AND "BAD" CHOLESTEROL INCREASES ☆EXPLAIN EFFECT BY STOPPING SMOKING RISK OF LUNG CANCER DECREASES BY STOPPING SMOKING ☆RECOMMEND TO STOP SMOKING <input type="checkbox"/> </div> <div> PLEASE LOOK AT THIS TABLE. THIS IS AN EXAMPLE OF USA. IN JAPAN WHERE LUNG CANCER RANKS HIGHER IN TERMS OF CAUSE OF DEATH, IMPACT OF SMOKING MAY BE LARGEST. </div> <div> EXPLANATION CAN BE DISPLAYED HERE FOR EACH ITEM BY PUTTING CURSOR ON THE ITEM. </div> <div> PREVIOUS PAGE NEXT PAGE CANCEL </div>

FIG.16

[ACTION TARGET 3 ASSIST]		[X]	
<div>NAVIGATION</div> <div>CONTEMPLATION STAGE</div> <div>↓ ASK 1</div> <div>↓ ASK 2</div> <div>↓ ASK 3</div> <div>↓ ADVISE</div> <div>↓ ASSIST 1</div> <div>↓ ASSIST 2</div>		<div>NAME [1111111] NAME [TARO] DATE OF BIRTH [1973/08/27] SEX [MALE]</div> <div> ☆INTRODUCTION OF CONTACT ADDRESS IT IS EXCELLENT TO INTEND TO STOP SMOKING PRINT OUT OF CONTACT ADDRESS INFORMATION [PRINT] </div> <div> ☆INTRODUCTION OF NEWS LETTER ONCE A MONTH, PERIODICALLY FOR HALF YEAR <input type="checkbox"/> RECEIVE REJECTION OF NEWS LETTER </div> <div> ☆INTRODUCTION OF VIDEO TAPE <input type="checkbox"/> VIDEO TAPE LENDING REJECTION </div> <div> ☆HOW TO CONTACT <input type="text" value="0:HAVE E-MAIL"/> </div> <div> ☆CLOSING REMARKS </div>	
		<div>PREVIOUS PAGE</div> <div>CANCEL</div> <div>END</div>	

FIG.17

[ACTION TARGET 2 ASK]		[X]	
<div>NAVIGATION</div> <div>PREPARATION STAGE</div> <div>↓ ASK 1</div> <div>↓ ASK 2</div> <div>↓ ASK 3</div> <div>↓ ADVISE</div> <div>↓ ASSIST 1</div> <div>↓ ASSIST 2</div>		<div>NAME CODE [1111111] NAME [TARO] DATE OF BIRTH [1973/08/27] SEX [MALE]</div> <div>☆PRAISE (PRAISE FOR BEING IN PREPARATION STAGE)</div> <div>☆ADVISE (GIVE ADVICE FOR RELAXATION AGAINST STOPPING SMOKING AND FOR PLANNING SCHEDULE FOR STOPPING SMOKING)</div> <div>☆INDUCE TO PERFORM SMOKE FREE PROGRAM</div> <div>It is true that many people can not stop smoking even though they want to stop smoking and there are many people who stop smoking but start again. It is important to plan concretely for increasing success rate.</div>	
		<div>EXPLANATION CAN BE DISPLAYED HERE FOR EACH ITEM BY PUTTING CURSOR ON THE ITEM.</div> <div>PREVIOUS PAGE [NEXT PAGE] CANCEL</div>	

FIG.18

[ACTION TARGET 3 ASSIST]			
<div>NAVIGATION</div> <div>PREPARATION STAGE</div> <div>↓ ASK 1</div> <div>↓ ASK 2</div> <div>↓ ASK 3</div> <div>↓ ADVISE</div> <div>↓ ASSIST 1</div> <div>↓ ASSIST 2</div>		<div>NAME CODE [1111111] NAME [TARO] DATE OF BIRTH [1973/08/27] SEX [MALE]</div> <div>☆DISTRIBUTE BOOKLET OF SMOKE FREE PROGRAM</div> <div>☆EXPLAIN ABOUT MEANING OF DETERMINING THE DAY FOR STOPPING SMOKING</div> <div>USEFULNESS OF DETERMINING THE DAY FOR STOPPING SMOKING</div> <div>USEFULNESS OF DETERMINING THE TIME PERIOD FOR PREPARING STOP SMOKING</div> <div>☆REGISTER DAY OF STOPPING SMOKING</div> <div>REQUEST FOR NOTIFICATION OF THE DAY OF STOPPING SMOKING</div> <div>FILL OUT ACTION CONTRACT</div> <div>Probably, you may intend to stop smoking soon. However, it is proved scientifically that stopping smoking can be successfully done more easily when based on schedule after a preparation period. In this program, since preparation is advanced systematically during 5 days from Monday to Friday, it is recommended that the day for stopping smoking is set as a day after next weekend.</div>	
<div>EXPLANATION CAN BE DISPLAYED HERE FOR EACH ITEM BY PUTTING CURSOR ON THE ITEM.</div> <div>PREVIOUS PAGE</div> <div>NEXT PAGE</div> <div>CANCEL</div>			

FIG. 20

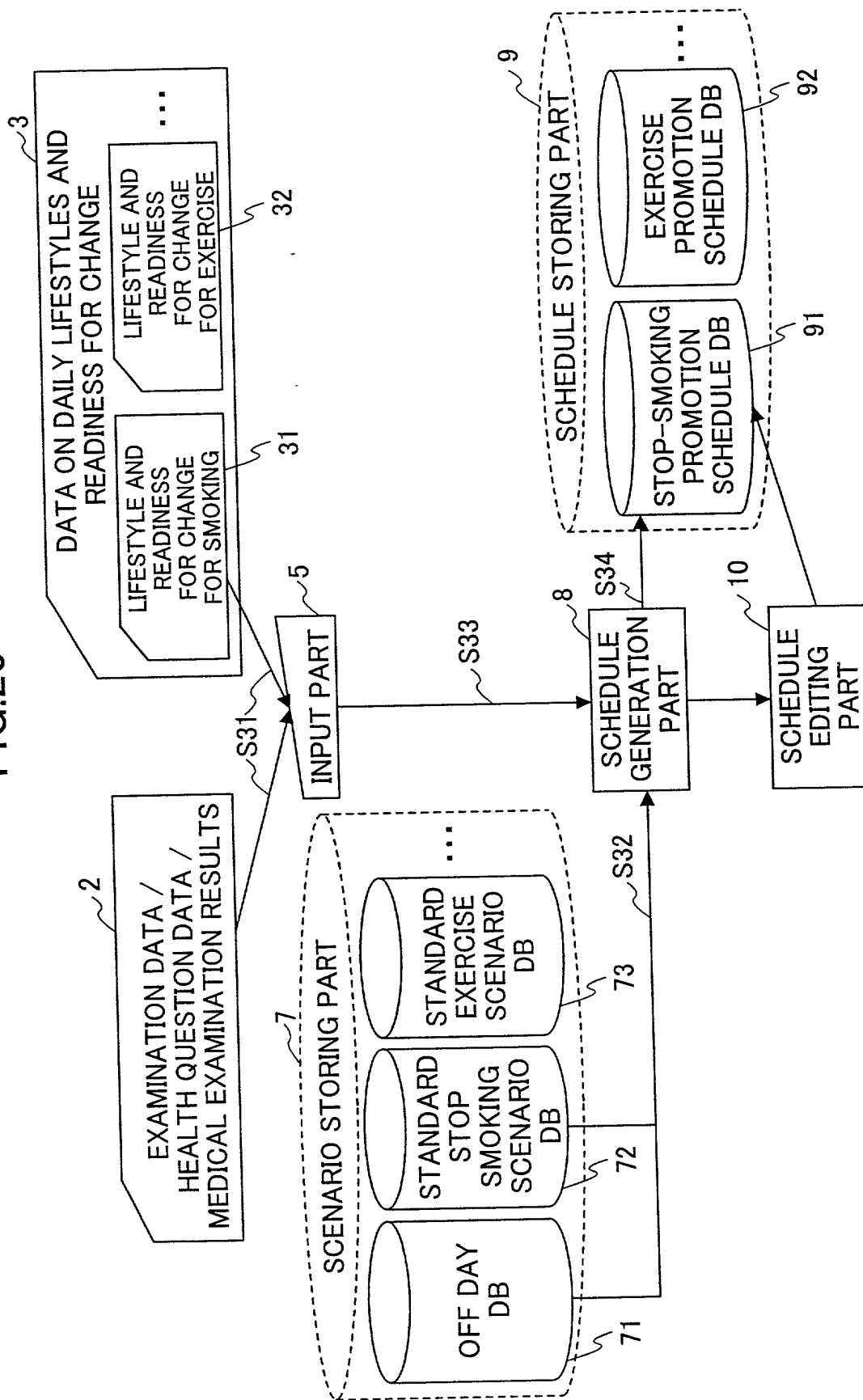


FIG.21

NAME	LIFESTYLE	READINESS FOR CHANGE	PROMOTION PERIOD	PROMOTION DATE	PERFORMED DAY	PROMOTION MEANS	PROMOTION INFORMATION	RESP- ONCE	PERSON IN CHARGE	MEMO
TARO	SMOKING	UNCONCERNED STAGE	AFTER 1 WEEK	99/03/08	99/03/09	E-MAIL	FOLLOW-UP AFTER 1 WEEK	NO CHANGE	A	
TARO	SMOKING	UNCONCERNED STAGE	AFTER 1 MONTH	99/03/30		E-MAIL	SMOKING FOLLOW -UP LETTER 1			
TARO	SMOKING	UNCONCERNED STAGE	AFTER 2 MONTHS	99/04/30		E-MAIL	SMOKING FOLLOW -UP LETTER 2			
TARO	SMOKING	UNCONCERNED STAGE	AFTER 3 MONTHS	99/05/31		E-MAIL	SMOKING FOLLOW -UP LETTER 3			
TARO	SMOKING	UNCONCERNED STAGE	AFTER 4 MONTHS	99/06/30		E-MAIL	SMOKING FOLLOW -UP LETTER 4			
TARO	EXERCISE	EXECUTION STAGE	AFTER 1 WEEK	99/03/08	99/03/09	TELEPHONE			A	
TARO	EXERCISE	EXECUTION STAGE	AFTER 2 WEEKS	99/03/15		E-MAIL	EXERCISE FOLLOW -UP LETTER 1			
TARO	EXERCISE	EXECUTION STAGE	AFTER 3 WEEKS	99/03/29		E-MAIL	EXERCISE FOLLOW -UP LETTER 2			
TARO	EXERCISE	EXECUTION STAGE	AFTER 4 WEEKS	99/04/05		E-MAIL	EXERCISE FOLLOW -UP LETTER 3			

FIG. 22

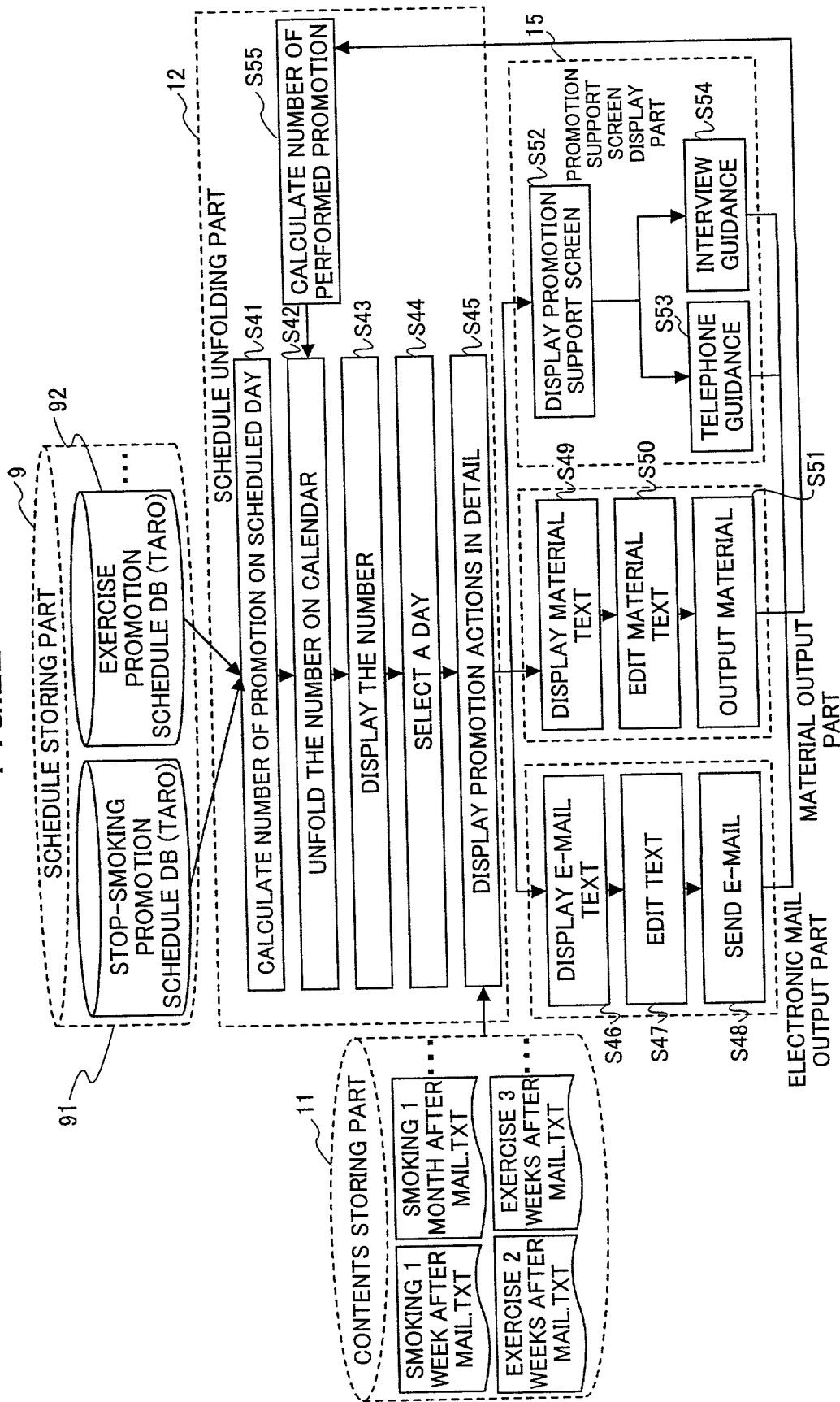


FIG.23

HEALTH PROMOTION CALANDAR

2001 YEAR 04 MONTH 11 DAY 14:04

SEARCH FOR PERFORMED HEALTH PROMOTION

UPDATE

2001 YEAR 01 MONTH

PERSON IN CHARGE HONDA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

PREVIOUS MONTH

NEXT MONTH

DISPLAY LIST

END

BY CLICKING A DAY, PROMOTION ACTIONS OF THE DAY ARE DISPLAYED

FIG.24

LIST OF CLIENTS									
PROMOTION YEAR/ MONTH/DAY 2001/04/11					PROMOTION SCHEDULE DAY 2001/01/11				
NAME CODE	NAME	PROGRAM NAME	READINESS FOR CHANGE	PROMOTION MEANS	PROMOTION PERIOD	PROMOTION STATUS	NOTES	PERSON IN CHARGE	PROCESS
<input type="checkbox"/> 001111	JIRO	SMOKE FREE	CONTEMPLATION STAGE	E-MAIL	AFTER 1 WEEK			HONDA	HONDA
<input type="checkbox"/> 002222	HAJIME	SMOKE FREE	PRECONTEMPLATION STAGE	E-MAIL	AFTER 1 WEEK			HONDA	
<input type="checkbox"/> 003333	MAMORU	SMOKE FREE	UNCONCERNED STAGE	E-MAIL	AFTER 1 WEEK			HONDA	

CONTENTS IN E-MAIL CAN BE CHECKED BY CLICKING

SELECT ALL

RELEASE ALL

INQUIRY/EDIT

HISTORY

PRINT MATERIAL

SEND E-MAIL

VIDEO RETURN

EXERCISE

BACK

FIG.25

DOCUMENT EDIT	
FOLLOW-UP 6 DAYS BEFORE START	
<div>2001/04/11</div> <div>YOKOSUKA CITY</div> <div>DIR TARO</div> <div>From this week, a two week program for stopping smoking starts. Do your best. We help you.</div> <div>Today, please prepare for a booklet "smoke free life -- for a person who intend to stop smoking". Please check your mental attitude from today by reading explanation of the whole program.</div> <div>If you lost the booklet, please let us know as soon as possible. And if you have questions, do not hesitate to contact us. And also, if you want to postpone this program due to a business trip or your urgent business, please let us know.</div> <div>Work hard to realize life without smoking. We help you.</div> <div>PERSON IN CHARGE HONDA TEL:xxx-xxx-1234 e-mail:to-abc@xyz</div>	
SEND	CLOSE

FIG.26

<p>NAVIGATION</p> <p>DETERMINE PROGRAM START DAY →</p> <p>PROGRAM INTRODUCTION E-MAIL →</p> <p>PREVIOUS DAY OF STOPPING SMOKING CONTACT BY TELEPHONE →</p> <p>ONE WEEK AFTER STOPPING SMOKING CHECK BY TELEPHONE →</p> <p>ONE WEEK AFTER STOPPING SMOKING TELEPHONE →</p> <p>ONE WEEK AFTER STOPPING SMOKING E-MAIL →</p> <p>ONE MONTH AFTER STOPPING SMOKING E-MAIL →</p> <p>SIX MONTH SMOKE FREE COMMENDATION</p>		<p>PREVIOUS DAY OF QUIT DATE <input checked="" type="checkbox"/></p> <p>NAME <input type="text" value="1111111"/> NAME <input type="text" value="TARO"/> PERSON IN CHARGE <input type="text" value="HONDA"/> DATE OF PROMOTION <input type="text" value="2001-04-11"/></p> <p>★INDIVIDUAL INFORMATION</p> <p>COMPANY <input type="text" value="ABC"/></p> <p>ADDRESS <input type="text" value="YOKOSUKA CITY"/></p> <p>TEL <input type="text"/> FAX <input type="text"/> E-mail <input type="text" value="tarou"/></p> <p>★THE PROGRAM STARTS FROM TODAY: (CONFIRMATION)</p> <p>★DO YOU HAVE SOMETHING TO WORRY ABOUT? (EXTRACT QUESTION)</p> <p><input style="width: 100%;" type="text"/></p> <p>★READY FOR STARTING PROGRAM! (ENCOURAGEMENT)</p> <p>★WITHDRAWAL SYMPTOMS? PLEASE REFER TO PAGE 13 OF THE BOOKLET (PROVIDE INFORMATION AND ENCOURAGEMENT)</p> <p>★DO YOUR BEST! (SUPPORT)</p> <p>From Monday to Saturday, you have prepared everything according to the booklet of smoke free life. Today, please read 5 page of the booklet and perform it. You can stop smoking undoubtedly.</p>	
		<p>COMPLETE <input type="text"/> <input type="text"/> CANCEL</p>	

EXPLANATION CAN BE DISPLAYED HRE FOR EACH ITEM BY PUTTING CURSOR ON THE ITEM

FIG.27

